



# Healthy Food Shelf Policy

## Northpoint Health & Wellness Center, Inc. Food Shelf

### PURPOSE

---

NorthPoint Health and Wellness Center, Inc. food shelf has developed a healthy foods policy to increase the distribution of healthy, nutrient dense foods as a way to increase healthy food consumption for our food shelf customers and create a healthier and stronger community.

**The purpose of this healthy food shelf policy is to:**

- Provide specific guidance to food shelf staff, volunteers, and leadership regarding the procurement of foods and beverages through purchases and donations.
- Ensure good practices are preserved by providing documented protocols.
- Increase availability and promote consumption of healthy foods and beverages.
- Model healthy food and beverage choices and work to improve the overall health of customers that use our food shelf and related services.

**Rationale**

NorthPoint Health and Wellness Center, Inc. is committed to providing nutritious and high quality food to those in need in our community. Good nutrition through following a meal plan high in fruits, vegetables, whole grains, low-fat dairy and lean protein decreases the risk of chronic disease and increases health equity in our communities. At the NorthPoint food shelf, we are committed to providing healthy foods and nutrition education to our customers as we believe everyone has the right to access healthy foods and lead a healthy life.

### NUTRITION GUIDELINES

---

**We commit to distributing** nutrient dense and minimally processed foods when available including:

- Fresh or frozen fruits and vegetables
- Fruit products such as unsweetened applesauce, canned fruit in 100% fruit juice
- Low-fat dairy such as cheese, yogurt, skim and 1% milk
- Whole grains foods such as brown rice, whole wheat pasta, whole grain bread, oatmeal and cereals
- Lean protein sources such as chicken, ground turkey, lean beef, eggs, and dried and canned beans
- Culturally specific foods such as corn tortillas, pinto and garbanzo beans, rice and noodles



# Healthy Food Shelf Policy

Northpoint Health & Wellness Center, Inc. Food Shelf

## NUTRITION GUIDELINES (Continued)

### We will no longer distribute:

- Sugar-sweetened beverages such as soda, fruit-flavored drinks, juice punch, and “ades”
- Candy and sweets
- Ramen noodles
- Ice cream, popsicles or other frozen novelties
- Baked goods such as pastries, pies, cookies and cakes

### We commit to the following practices so that choosing healthy and nutritious foods is easier for our customers:

- We commit to sourcing fresh fruits and vegetables and other perishables whenever possible.
- We commit to distributing nutrient dense and minimally processed foods when available.
- We commit to developing ongoing community donation partnerships such as local grocery stores, institutions, distributors, suppliers, farmers, and emergency food programs.
- We commit to discouraging donations of unhealthy items that do not meet our healthy foods criteria.
- We commit to offering culturally specific foods to meet the diverse needs of our community.
- We commit to cultivating ongoing partnerships with community gardens and pop-up garden sites
- We commit to being a trusted resource in the community for nutrition and health education by offering learning materials, recipes, and food demonstrations.

## IMPLEMENTATION

- Approved and endorsed by NorthPoint Board of Directors on XXX, 2015.
- The NorthPoint food shelf Coordinator and Dietitian will implement this policy beginning XXX, 2015.
- Quarterly compliance checks will be conducted by the Community Outreach Program Manager to ensure good practices documented in this policy are being implemented.
- Education and training will be provided to our staff and volunteers on healthy eating and our healthy foods policy.
- NorthPoint food shelf staff and Dietitian along with the food shelf Coordinator will review the healthy foods policy on a semi-annual basis and make recommendations for any revisions and approval.

**Comment [NG1]:** Aim for January 11 for board review and approval

**Comment [NG2]:** Aim for Feb 1, TBD during board review